



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

Public Health: Responding to the Opioid Epidemic

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21st Annual NPWH Premier Woman's Healthcare Conference
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Disclosures

- Employed by the City of San Antonio
- Adjunct Professor UT School of Public Health, San Antonio Regional Campus
- Honorarium for today's speaking engagement will be donated to Voices for Children, a local non-profit agency

Objectives

- Discuss the public health recommendations for opioid overdose prevention.
- Discuss the findings of the Joint Opioid Task Force in San Antonio and Bexar County, Texas.
- Discuss how the work of the Joint Opioid Task Force may be applied to other cities around the country.

A Very Special Thank You

- Dr. Allison Doyle Brackley, UT Health Science Center
 - Dr. Bryan Alsip, University Health System
 - Dr. Lisa Cleveland, UT Health Science Center

For use of research and slides!



Pain in America

#1 reason people seek medical attention

Chronic pain affects more Americans than diabetes, coronary heart disease, stroke and cancer combined

Costs our society \$635 billion annually



Pain Management

Mild Pain

- Over the counter
 - Acetaminophen, Non-steroidal anti-inflammatory drugs (NSAIDs), Topical
- Prescription
 - Muscle relaxants, Anti-anxiety, Antidepressants, NSAIDs

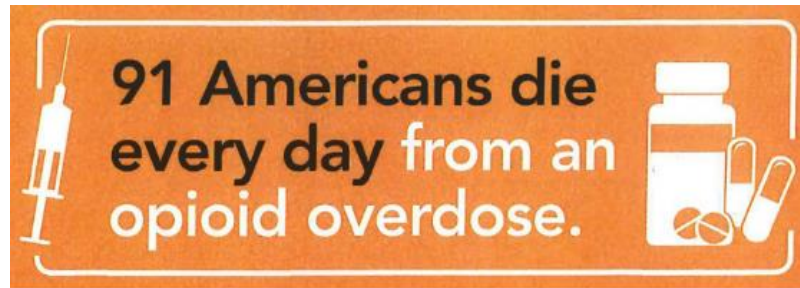
Severe Pain

- Steroidal injection
- Opioid analgesics
 - Morphine, Fentanyl, Percocet, Codeine, Vicodin



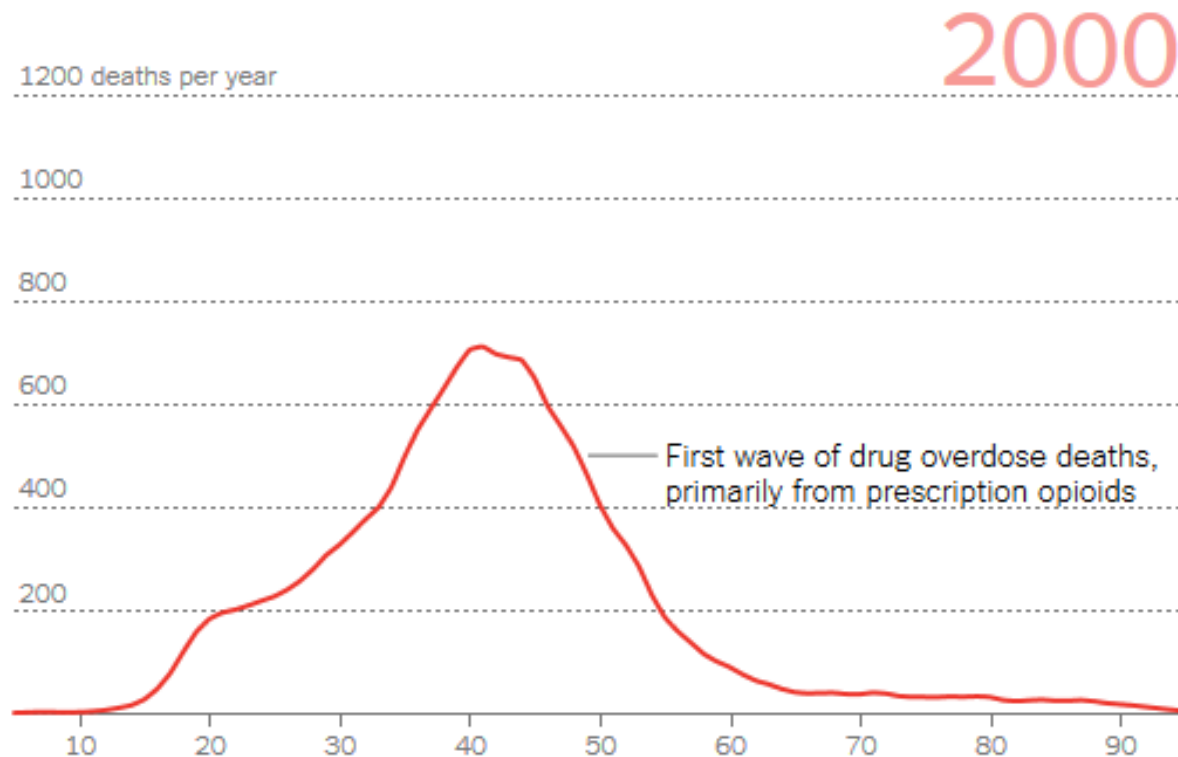
The Opioid Epidemic

- Since 1999, the number of overdose deaths involving opioids quadrupled
- Opioids killed more Americans in 2016 than car crashes in 1972 or HIV in 1995
 - The peak years of each respective epidemic



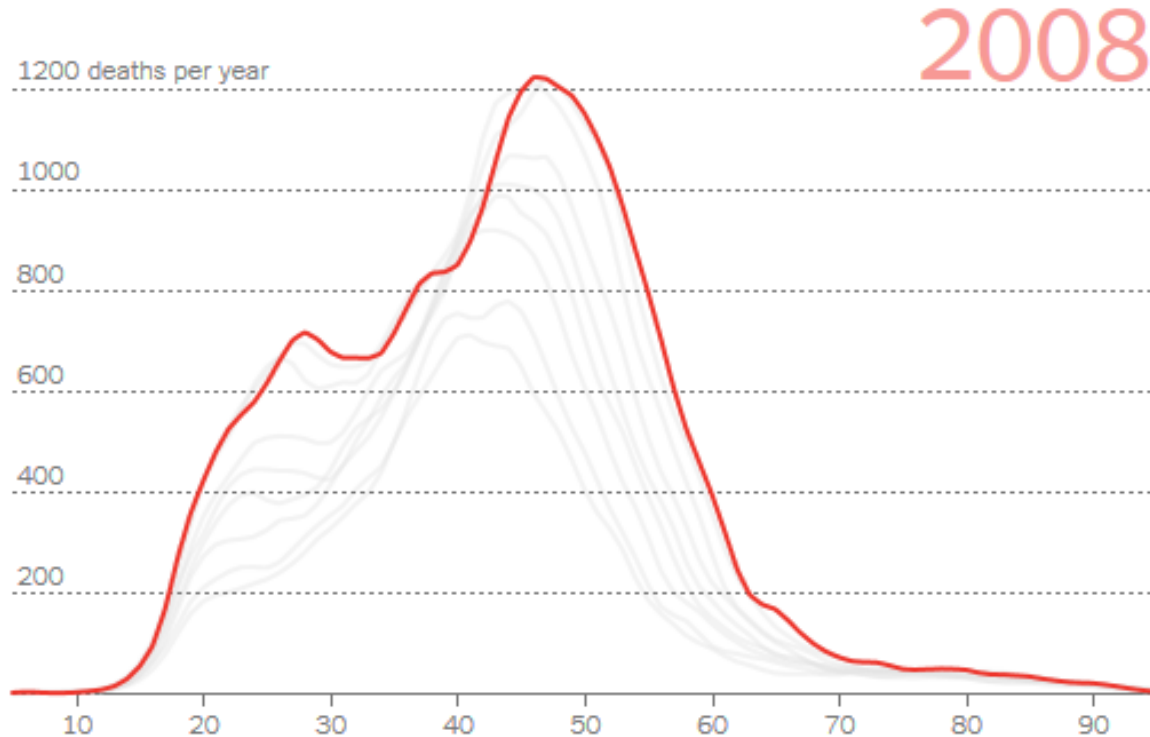
How Has the Epidemic Changed over Time?

Distribution of drug deaths by age



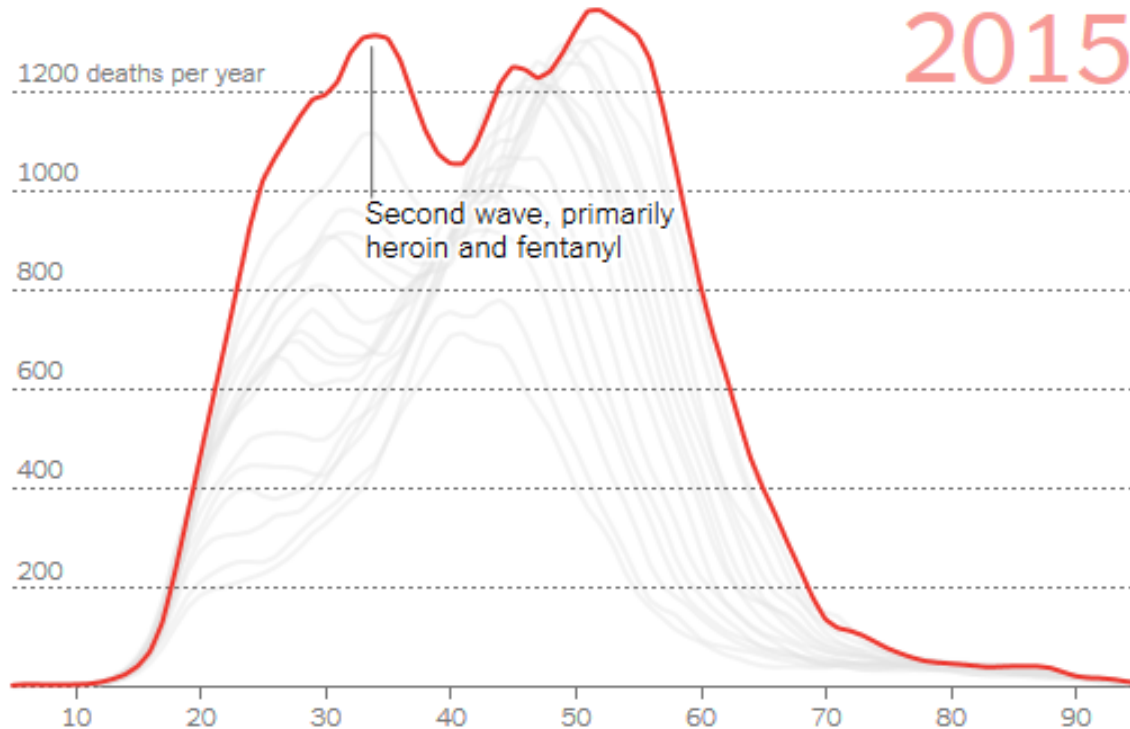
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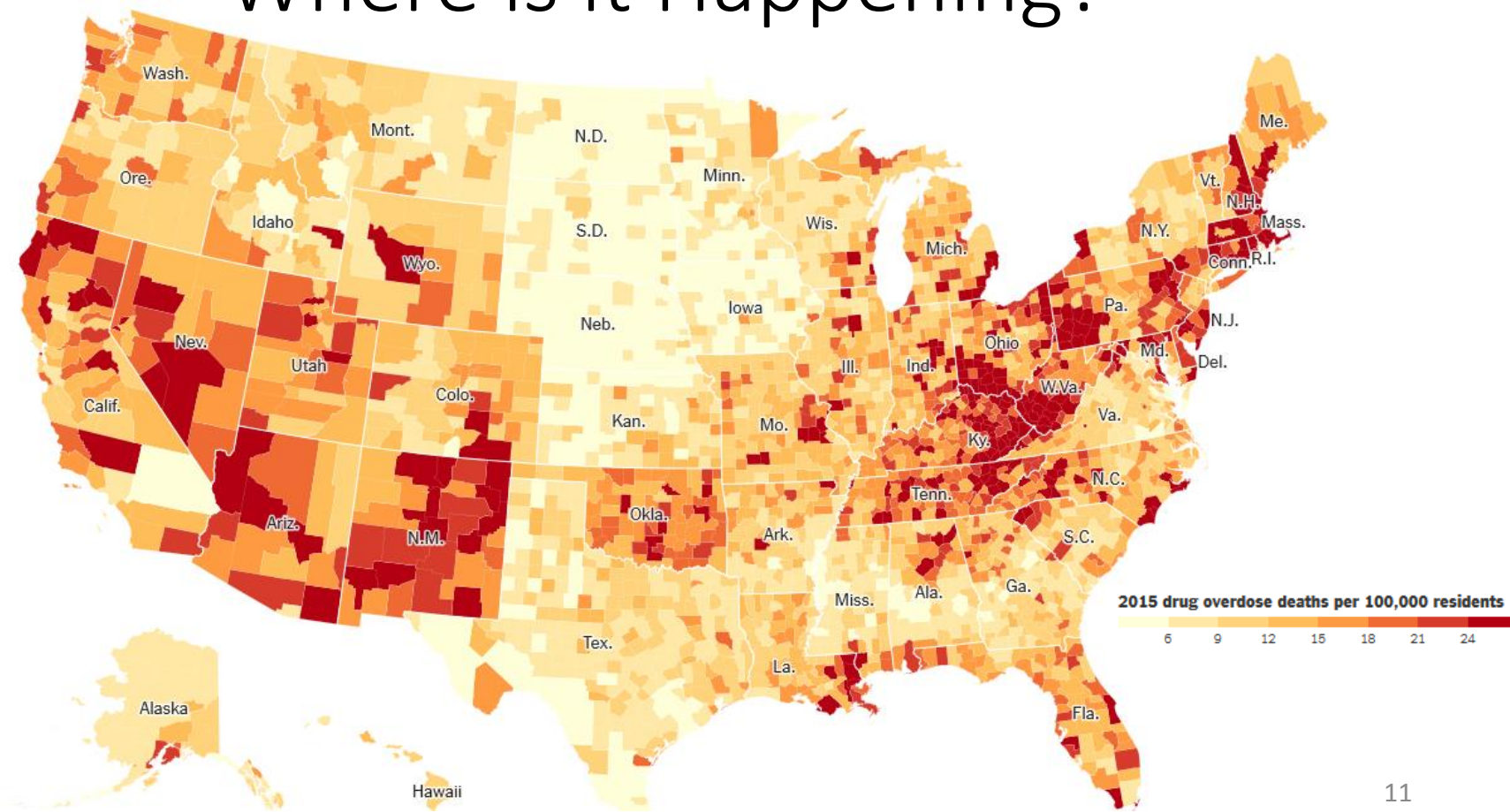


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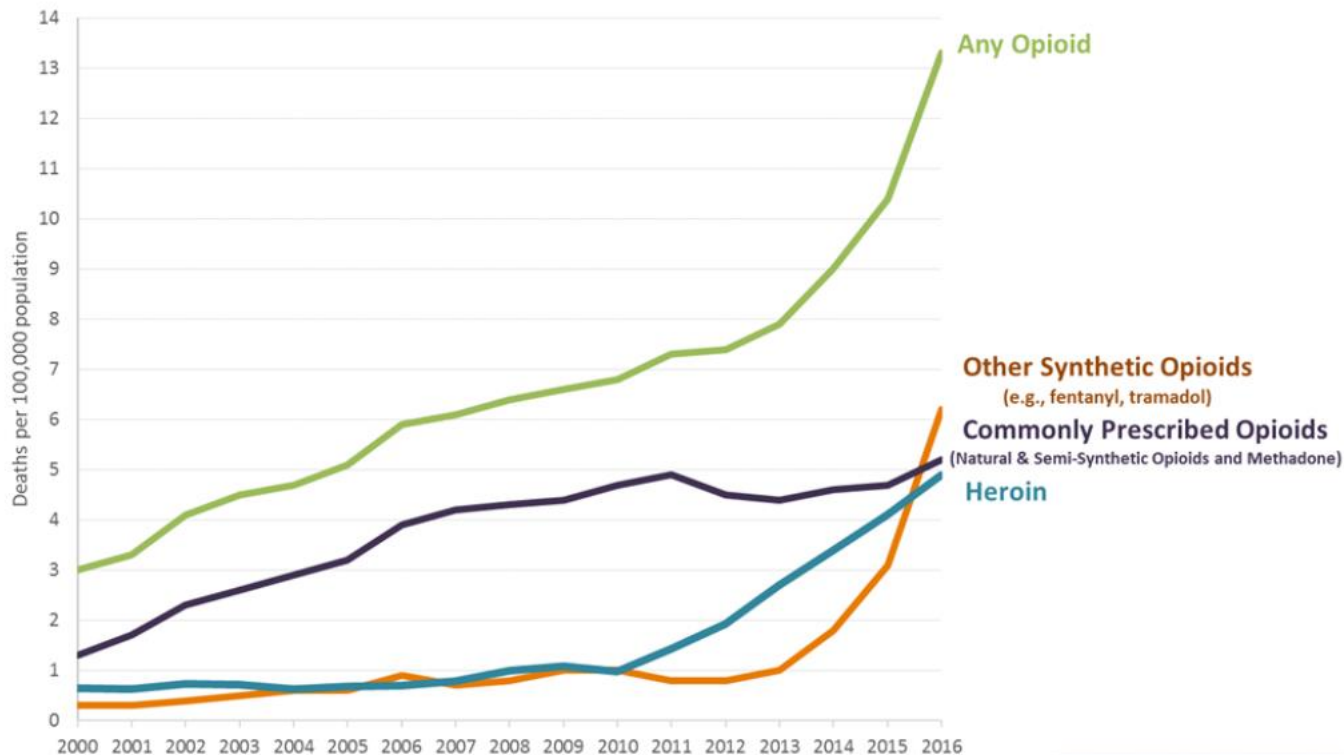
Distribution of drug deaths by age



Where is it Happening?



Opioid Overdose Deaths in the US, 2000-2016



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2017.
<https://wonder.cdc.gov/>

Prescription Opioid Overdose Data

In 2015, **more than 15,000** Americans died from prescription opioid overdose.

Highest rates:

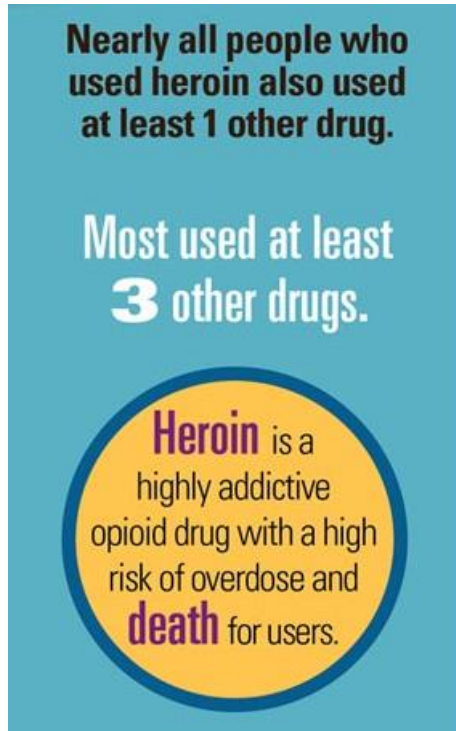
- 25-54 years
- Men more likely to die from overdose
- Non-Hispanic whites, American Indian, Alaskan Natives

Most Commonly Overdosed Opioids:

- Hydrocodone (Vicodin[®]) and Oxycodone (OxyContin[®])



Heroin & Concurrent Drug Abuse



9 out of 10 people who use heroin also use at least 1 other drug

R_x Opioids can be gateway drugs to heroin use.

People who are addicted to...



...more likely to be addicted to heroin.

Among new heroin users, approximately **75%** report abusing **prescription opioids** prior to using heroin

45% of people who use heroin are also **addicted to prescription painkillers**

Although not “ground zero” of the epidemic,
Texas is not immune.

Texas among **top 5 states** for **total number of opioid related deaths**

*Has the **2nd highest opioid abuse related health care costs** totaling over **\$1.9 Billion***

Ranks in the **bottom 5 states nationally** for **mental health agency expenditures per capita...for the last 10 years**

National Vital Statistics System, Mortality, 2014.; Birnbaum *et al.* Pain Medicine 2011. National Association of State Mental Health Program Directors Research Institute, Inc (NRI). SMHA Mental Health Actual Dollar and Per Capita Expenditures by state (FY2004 CFY2013).

Opioid-related overdose deaths in San Antonio are higher than the national average.

OPIOID-RELATED UNINTENTIONAL DRUG OVERDOSE MORTALITY RATE

RACE/ETHNICITY: ALL | SEX: BOTH | YEAR: 2014



**Opioid-related overdose deaths
are on the rise in Bexar County.**

Big Cities Health Inventory Data Platform at bchi.bigcities.health.org, Opioid-Related Unintentional Drug Overdose Mortality Rate for 2014.

Marquez RJ & Loyd R. How opioid use has impacted overdose in Bexar County in 2014Q15, Heroin overdose deaths increase from 2014 to 2015. KSAT. 2016

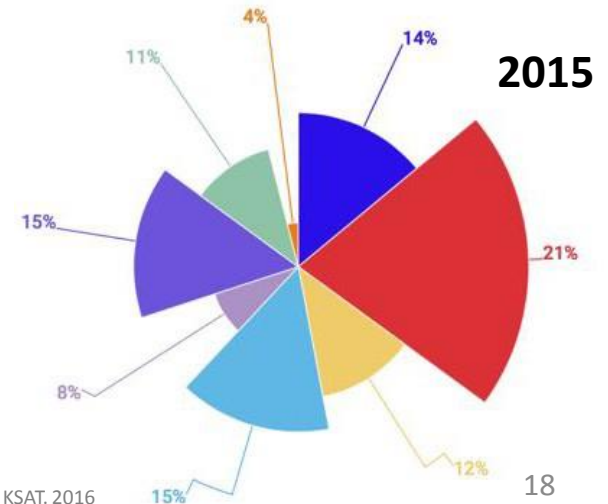
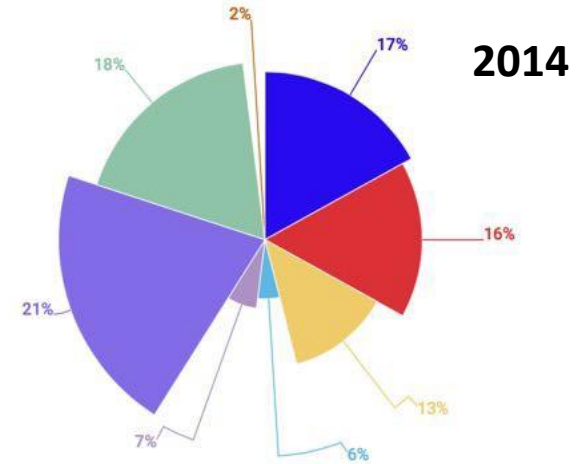
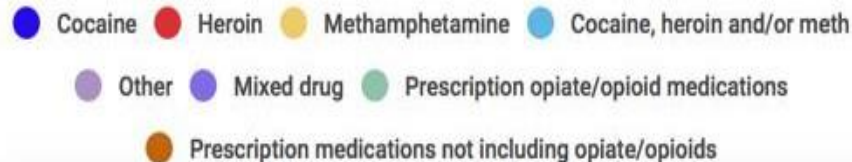
In **Bexar County** opioid-related overdose deaths *due to heroin are on the rise*.

2014

- More than 1/3 of all overdose deaths were opioid related. (34%)
- 18% Prescription vs. 16% Heroin

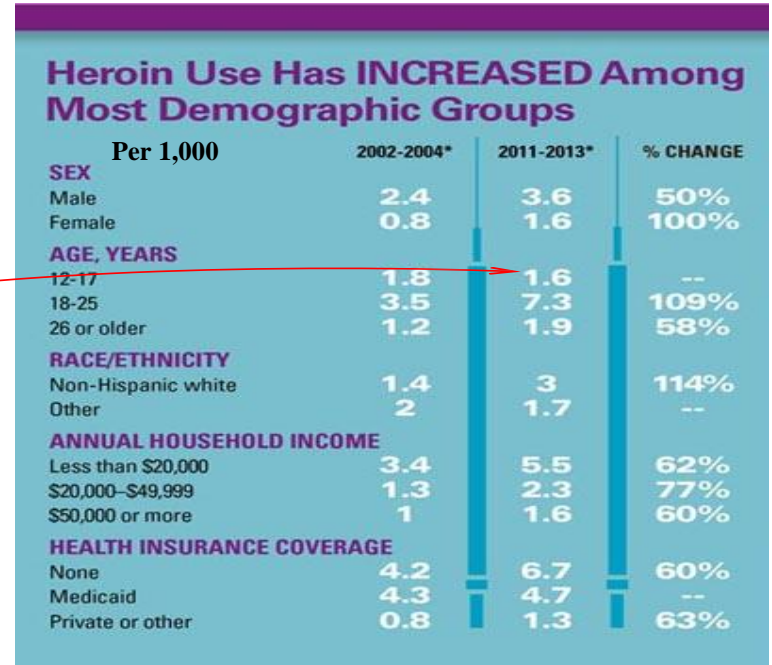
2015

- Almost 1/2 of all overdose deaths were opioid related. (47%)
- 11% Prescription vs. 21% Heroin



Heroin Use in Teens is on the Rise

*Texas heroin use
is 2- 4x national
rate in teens.*



Heroin	0.3%	0.3%	0.7%
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Wood, S. M. & Marchbanks, M. P., Dyer, J., Seibert, A.L., & Pearson, S. (2016). Texas School Survey of Drug and Alcohol Use 1998 – 2014 [Rx Drug]. Public Policy Research Institute Website: <http://texasschoolsurvey.org/Report>

2016 Texas School Survey: *Perceived Danger*

Drug	Grades 7-12: Very or Somewhat Dangerous	Grade 7: Very or Somewhat Dangerous	Grade 12: Very or Somewhat Dangerous
Any Alcohol Product	82.4%	87.5%	79.3%
Any Tobacco Product	85.2%	92.3%	78.9%
Marijuana	71.6%	89.2%	53.8%
Any Prescription Drug Not Prescribed to Them	88.2%	89.6%	53.8%
Synthetic Marijuana	89.4%	91.3%	89.7%
Cocaine	94.2%	95.2%	94.3%
Ecstasy	89.7%	90.6%	90.0%
Steroids	89.1%	90.6%	89.0%
Methamphetamine	93.2%	92.4%	
Crack	94.4%	95.0%	95.2%
Heroin	93.4%	92.4%	95.2%

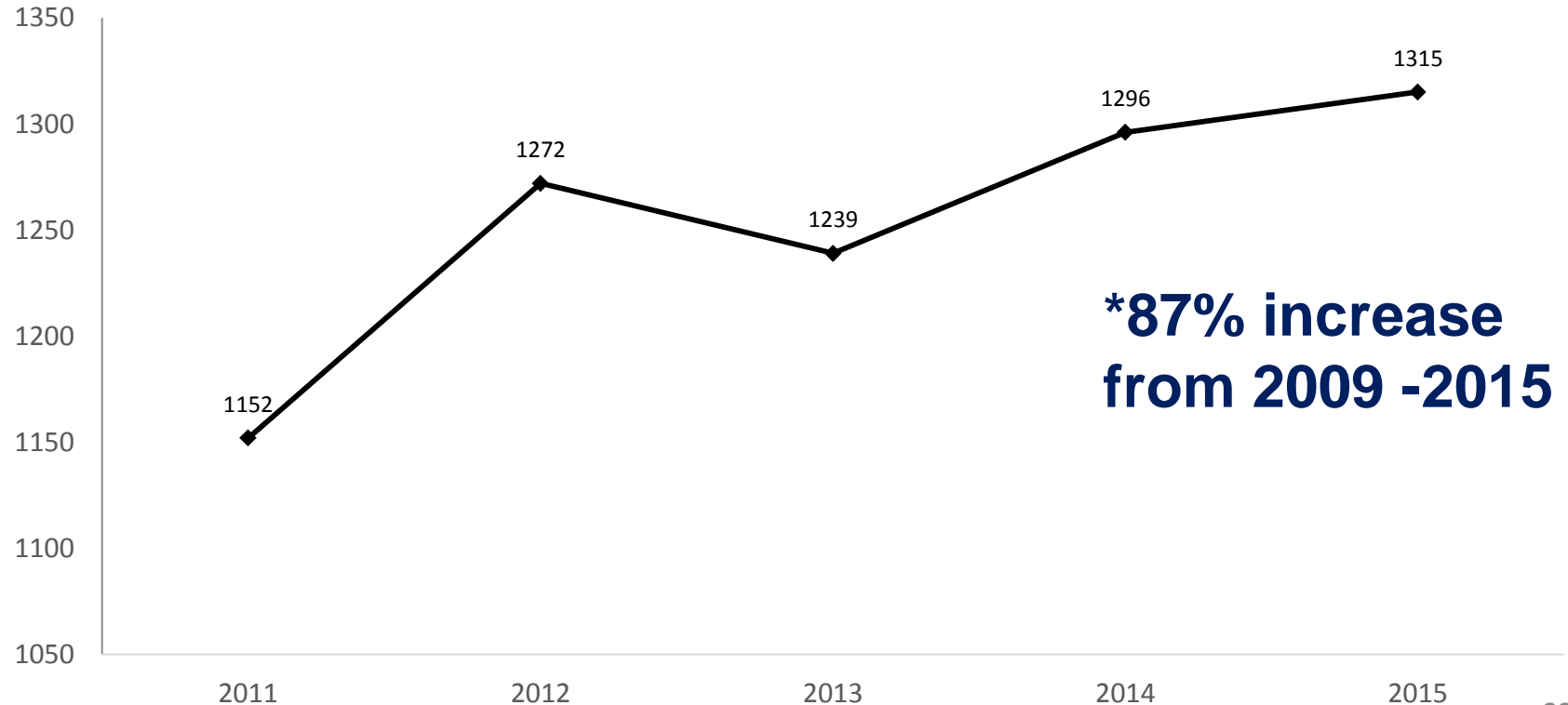
Neonatal Abstinence Syndrome (NAS)



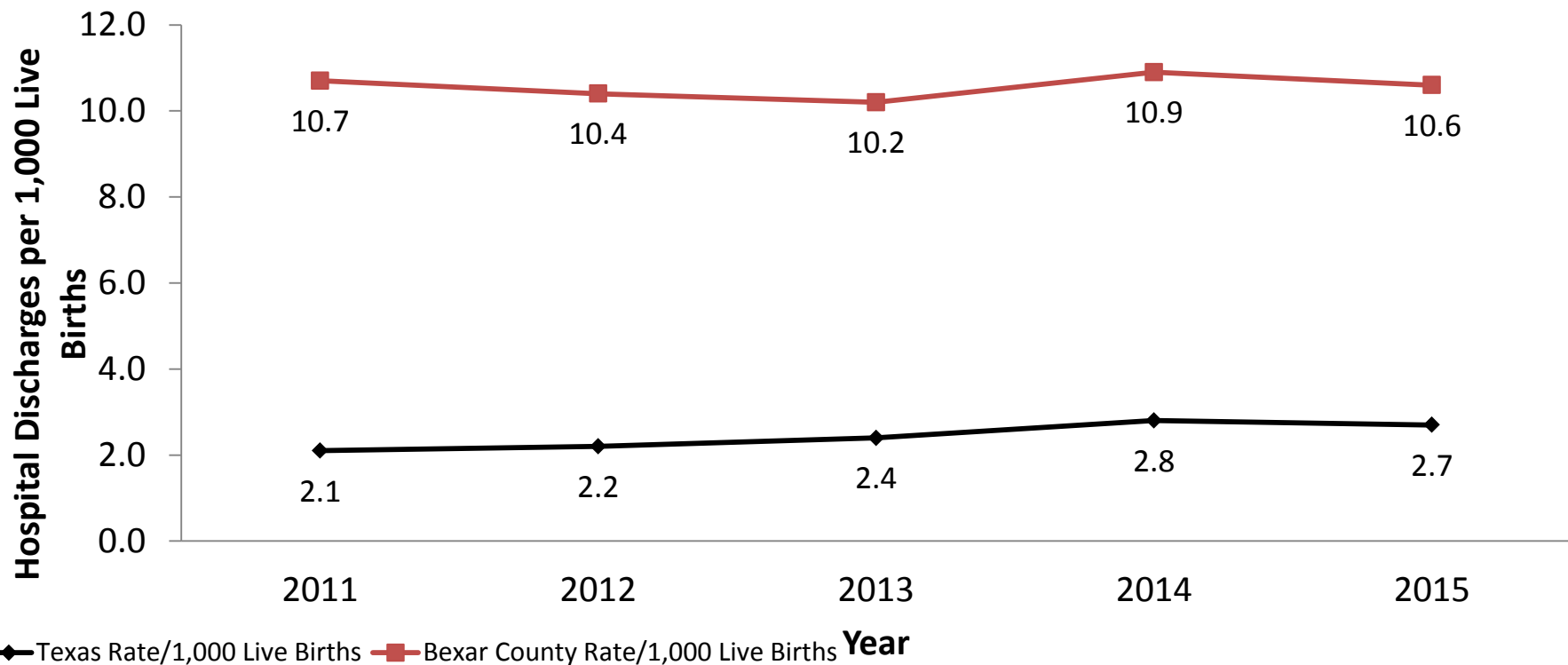
Newborns dependent on opioids with neurological, gastrointestinal, and autonomic withdrawal symptoms.

- 60 – 94% of babies exposed to opioids in the womb develop NAS
- 300% increase in NAS since 2000
- Texas 60% increase in last 5 years
- 1/3 of Texas newborns suffering from opioid withdrawal are in Bexar County

Number of Medicaid Newborns diagnosed with NAS in Texas 2011-2015

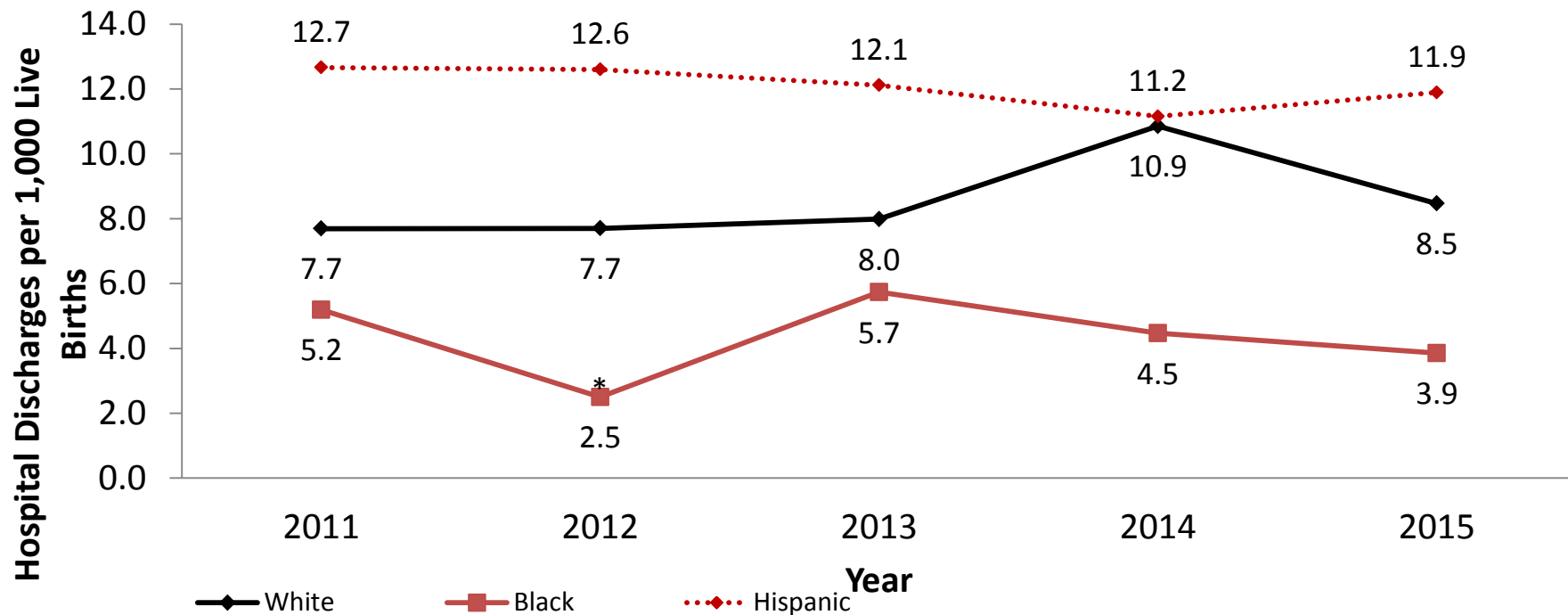


Neonatal Abstinence Syndrome Hospital Discharges Per 1,000 Live Births in the State of Texas and Bexar County, 2011-2015



Neonatal Abstinence Syndrome Hospital Discharges

Per 1,000 Live Births by Race/Ethnicity for Bexar County, 2011-2015



NAS case source: Texas Hospital Inpatient Discharge Public Use Data File, 2011-2015. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

2011-2015 Births from Source: Texas DSHS, <http://healthdata.dshs.texas.gov/VitalStatistics/Birth>, accessed 11/15/2017

*unstable rate

Addressing the Epidemic Requires Synergy

- Reduce opioid prescriptions
- Encourage use of PDMP
- Expand naloxone use
- Community Education
- Provider Education
- Treatment

Preventing Opioid Overdoses and Related Harms



Joint Opioid Overdose Prevention Taskforce

- Convened by Judge Nelson Wolff and Mayor Ron Nirenberg in June 2017
- *Goal:* address the increase in opioid overdose deaths locally
- First meeting August 8, 2017



Taskforce Workgroups

- Naloxone
- Provider Education
- Community Education
- Treatment



Naloxone – an opioid antidote



Evidence-based strategy = Increase use of Naloxone



Naloxone Workgroup

- Expanded access to naloxone
- Conducted trainings for law enforcement and community
- Monitoring naloxone use in the community
- Mapping EMS utilization by zip code
- Deployed a reversal tracking database to evaluate distribution program



Naloxone Workgroup

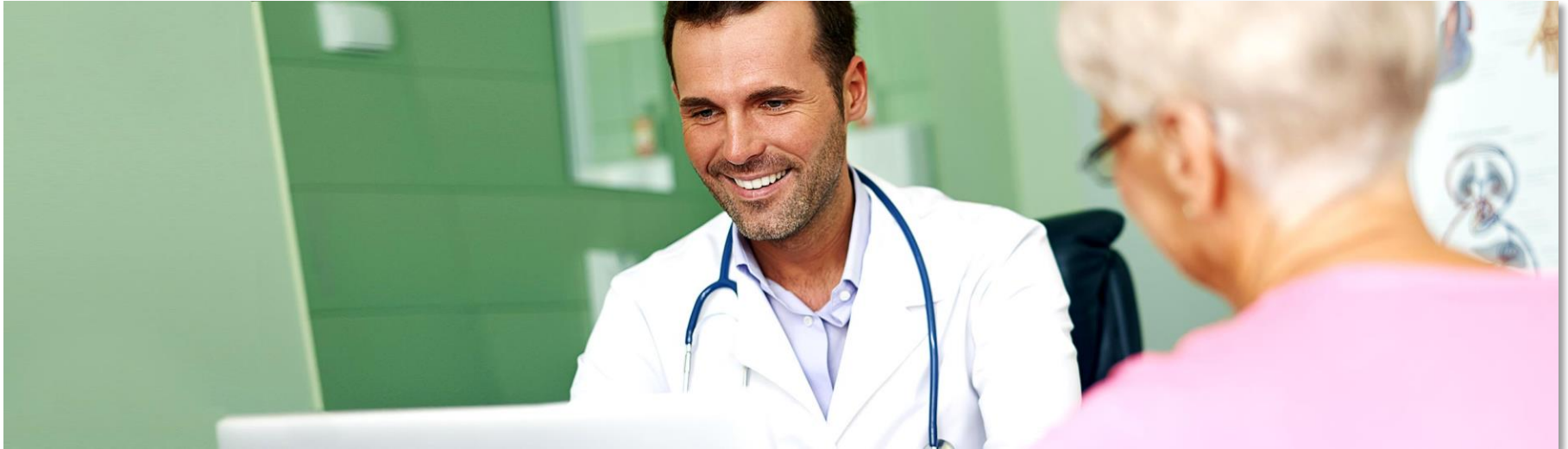
- Fidelity Study
 - State pass through funds from CDC available
 - Approved for \$288,000
 - Will conduct a study to ensure fidelity within Narcan education program
- 24 hr. Opioid Drop-In Center pilot



Provider Education



Evidence-based strategy = Increase provider training on prescribing/dispensing of opioids



Prescription Drug Monitoring Program



Evidence-based strategy = Increase % of medical providers entering prescriptions in the PDMP



Provider Education Workgroup

- Opioid-related trainings curriculum map for medical students
- Launched “Get Waivered SA” website
- Discussions with HASA to link to the PMP
- Conducted provider education about the required use of the TX PMP in 2019



Community Education



Evidence-based strategy = Increase community education on safe storage and disposal



MEDDR_xOPSA

Your safe and easy way to dispose of unwanted medicines.



DON'T
Throw in the trash



DON'T
Flush down the toilet



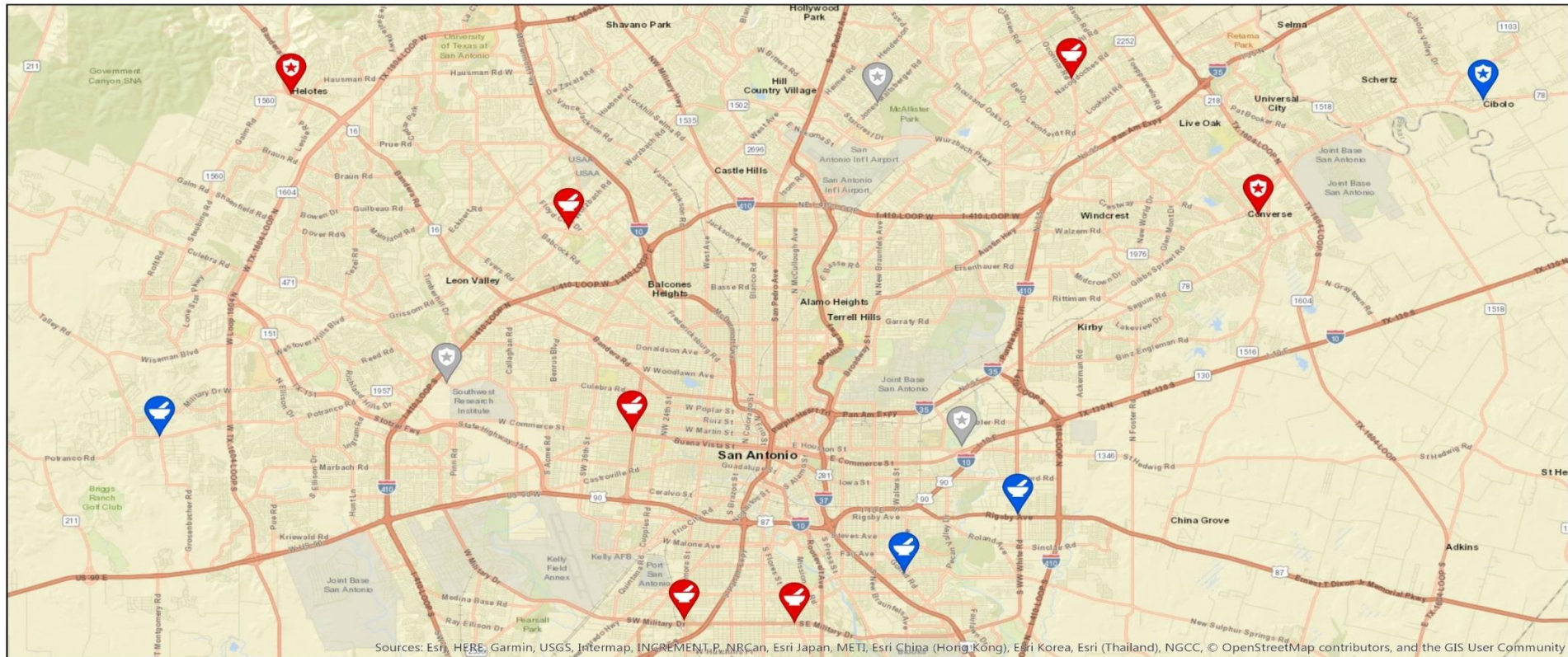
DO
Bring to MedDropSA

Community Education Workgroup

- Mapped permanent drug drop off locations
- Distribution of Deterra®
- Youth prevention toolkit and videos developed for use by ISDs and in community settings
- Treatment map for the community
- Community trainings



Drug Disposal Locations in Bexar County



Drug Disposal Locations within San Antonio, TX

Map showing locations of prescription drug disposal boxes as well as the available hours for each type of box

Scale 1:202,041



Police Department (Limited hours)



Walgreens (Limited hours)



Police Department (24/7)



Walgreens (24/7)



Coming Soon



0 1.25 2.5 5 Miles



Treatment and Recovery



Evidence-based strategy = Increase knowledge of and access to treatment services including
Medication Assisted Therapies

Methadone
Buprenorphine
Naltrexone



Treatment Workgroup

- Identified existing treatment providers
- Explored treatment options and selected a federal framework to determine which treatment options to map
- Worked with Community Education Workgroup to develop treatment map for the community



Syringe Services Programs



Supply sterile syringes and help with disposal of used syringes



Complementary Initiatives

- **Syringe Services Programs**
 - Hosted a Syringe Services Summit in May
 - Hosted a “how to” training in July
 - Plan launch of map of Syringe Services Programs in October
- **Neonatal Abstinence Syndrome (NAS)**
 - Exploring treatment and recovery options

Next Steps

- Convene expert panel to identify and prioritize gaps specific to substance use disorder prevention and treatment
- Completion by January 2019
- Work group representation
 - Bexar County
 - City's Health and Human Services Departments
 - The Center for Health Care Services
 - University Health System
 - UT Health



Thank you. Any Questions?



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References

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